



BASIC INFORMATION

DESCRIPTION

A form of contact dermatitis that causes skin irritation in the diaper area of infants. It involves the skin around the genitals, rectum and abdomen in the area covered by diapers. May also occur in adults who have lost bladder control and wear adult-type disposable diapers.

FREQUENT SIGNS AND SYMPTOMS

- Moist, painful, red, spotty and itchy (sometimes) skin in the diaper area. The skin may be cracked and fissured.
- In male infants, a red, raw and occasionally bloody area may appear around the meatus (the opening at the tip of the penis).

CAUSES

Diaper rash results from skin irritation produced by substances in the urine or stool.

RISK INCREASES WITH

- Infrequent diaper changes.
- Friction from rough diapers.
- Improper laundering of diapers.
- Family history of skin allergies.
- Hot, humid weather.

PREVENTIVE MEASURES

- Change diapers frequently.
- Keep diapers clean. After washing, rinse them twice to remove detergents and other chemicals.
- Leave diaper off for 10-30 minutes between diaper changes for air exposure.

EXPECTED OUTCOMES

Usually curable with treatment. Recurrence is common.

POSSIBLE COMPLICATIONS

Secondary bacterial infection in the rash area.



TREATMENT

GENERAL MEASURES

- Expose the buttocks to air as much as possible.
- Change diapers frequently, even at night if the rash is extensive.
- Don't use soap or boric acid to wash the rash area. Cleanse with cotton dipped in mineral oil.
- Discontinue using baby lotion, powder, ointment or baby oil unless prescribed for you.
- Apply small amounts of non-prescription petroleum jelly, lanolin-based ointment or zinc oxide ointment to the rash at the earliest sign of diaper rash, and 2 or 3 times a day thereafter.
- Use boiling water to launder cloth diapers or use an antiseptic product manufactured for the purpose. Avoid fabric softeners as they may cause the rash. Add 2 tablespoons of vinegar to the final rinse.

MEDICATIONS

Medicated anti-inflammatory ointments or creams, such as hydrocortisone, nystatin or miconazole, applied to the skin may help relieve the rash.

ACTIVITY

No restrictions.

DIET

No special diet. Avoid foods that cause diarrhea.



NOTIFY OUR OFFICE IF

- Home treatment doesn't cure the rash in 1 week.
- The following occur during treatment:
 - Fever.
 - Pustules in the rash area.
 - Male infant has a weak urinary stream.
 - Female infant develops adhesions of the vaginal lips.
- New, unexplained symptoms develop. Medicine used in treatment may produce side effects.